

# REFLEXOLOGY LYMPH DRAINAGE



## LONG COVID RESEARCH

Shepperton  
& Staines  
Area

**Hugely Reduced  
Treatment Costs To  
Enable Research**

Contact Melanee or Andrea for more information  
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# Reflexology Lymph Drainage

I was suffering from Long Covid and found that this method of treatment **REALLY** helped my recovery. It has now made me wonder, could it help others who are suffering from long covid too?

I have teamed up with another lovely colleague who attended the same Reflexology Lymph Drainage course - a research backed, evidence based course developed by Sally Kay originally to help reduce lymphedema after treatment for breast cancer.

The aim is to stimulate the lymphatic system and to support the immune system.

Our aim with this study is to help participants' recovery and to see how effective this treatment is for treating Long Covid.



## What it will involve

The anonymous study will include a weekly Reflexology Lymph Drainage Treatment for 4 consecutive weeks.

We would like to keep a record of how you are feeling after each treatment and will do this using a really easy to use chart.

The data will then be collated with all the other candidates on the study and we will share the results with you.

For agreeing to participate in this study we are offering the treatments at a greatly reduced price. Treatments usually cost £40 each but we are offering the course of 4 treatments for £100.

So £25 each.

We wish we could offer them free but we are independent therapists and will need to cover the costs of our time, the enormous amount of towel washing and the loss of our normal income.



**For more information or  
to book in contact either  
Melanee or Andrea.**



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